

## Grade 9 Grit Live Lesson

### Activity #1- Use Your Cues Handout

Over the past several weeks, you completed the “Change the Equation” handout, which made you more aware of when you “failed” or made a mistake.

Failure can cause us to **feel**, **react**, and **think** in negative ways. When this happens, it can weaken our Grit and cause us to give up.

The GREAT news is that you can develop skills (through practice) to ***feel***, ***react***, and ***think*** differently about failure, which will help you to strengthen your Grit. We call this, “Using Your Cues”

**IF YOU HAVE A NEGATIVE FEELING OR REACTION AFTER A FAILURE OR MISTAKE, USE THAT AS A CUE TO CHANGE THE EQUATION**

*Read the example below to see how Bryson can change the equation and embrace his failures instead of letting them knock him down so that he can get “grittier” and even improve his game.*

**Example:**

*Bryson is a freshman in high school and has been playing goalie in soccer since he was five. This year, he made the varsity soccer team. Although Bryson is a very strong player he gets upset when the other team scores a goal and feels like he has let his team down. Bryson thinks that he fails when the other team scores a goal, and he lets his failures on the soccer field define how he feels about himself and the game. In the last game, the other team scored a goal in the first 3 minutes of the game. One of his teammates said to Bryson, “Cover the corners more.” Bryson was so disappointed in himself that the rest of the game was ruined for him. His performance in the goal declined and the other team scored another goal shortly after. Bryson was eventually pulled from the game.*

Instead of thinking like this....	He could think like this....
<i>What is wrong with me? My job is to stop the other team from scoring a goal. I am a terrible goalie.</i>	<i>When you play soccer, the other team will score. It's part of game.</i>
<i>I don't have any soccer talent. I don't even belong on the varsity team.</i>	<i>My talent got me on the varsity team. At practice, I will work with my coach to get better at covering all corners of the goal.</i>
<i>My teammates think I'm a loser.</i>	<i>My teammates know that I'm trying my best. And I will take their advice for improvement because they see things that I may not see.</i>
<i>I'll never get any better at this game.</i>	[complete this together]